WHAT IS CLAIMED IS:

- 1. A foot peg and heel rest for supporting a foot of a rider of a motorcycle comprising a foot support peg, a bracket for supporting the support peg relative to a frame of a motorcycle, a heel rest including an elongated heel rest arm, and a laterally extending heel rest wall fixed to the heel rest arm for supporting a heel of a foot when the heel rests is in a working position with the arm extending from the foot support peg, the laterally extending heel rest wall in alignment with extending away from the foot support peg in working position, a pivot connection for pivotally mounting the heel rest arm relative to the foot support peg about an axis positioned to permit the heel rest arm to be moved from the working position to a stored position with the heel rest arm extending along and adjacent an edge of the foot support peg.
- 2. The foot peg and heel rest of claim 1, wherein said heel rest arm has a leg extending laterally from the arm at an end of the arm opposite from the pivot, and wherein the heel rest arm is of length to extend such that the leg fits adjacent an end of the foot support member when the heel rest is in the stored position.
- 3. The foot peg and heel rest of claim 2, wherein said foot support peg has a plurality of

elastomeric isolating material strips along an upper surface thereof.

- 4. The foot and heel rest of claim 2, wherein a portion of said heel rest wall is secured to the laterally extending leg.
- 5. The foot and heel rest of claim 4, wherein flanges extend upwardly from the heel rest wall along the heel rest arm and the laterally extending leg.
- 6. The foot and heel rest of claim 1, wherein said heel rest is a metal arm, and a laterally extending leg integral with the metal arm, said heel rest wall being attached to the arm and to the laterally extending leg and positioned adjacent a corner formed between the arm and the laterally extending leg.
- 7. The foot and heel rest of claim 6, wherein said heel rest wall has an opening therethrough adjacent the corner between the heel rest arm and the laterally extending leg.
- 8. The foot and heel rest of claim 2, wherein the heel rest wall is positioned under the foot support peg when the heel rest arm is in the stored position.

- 9. The foot and heel rest of claim 2, wherein the bracket extends from a first end of the foot support peg, the foot being adjacent the first end, and toward a rear side of foot support peg in respect to a foot supported on the foot support peg. The edge along which the heel rest arm extends in stored position being a rear edge.
- 10. A foot peg for mounting onto a motorcycle frame combined with a heel rest, said foot peg having a longitudinal length between first and second ends of the foot peg, the first and second ends having a width between longitudinal edges of the foot support peg, a mounting ear at the first end of the foot support peg and a heel rest pivotally mounted to the foot support peg at a pivot adjacent the first end of foot peg, said heel rest comprising an pivotally mounted to the foot peg about an axis generally perpendicular to a longitudinal plane of the foot support peg, and the arm having a length substantially equal to the length of the foot peg between the pivot and the second end, a lateral leg attached to the end of the arm opposite from the pivot, and a heel rest wall supported on the arm and lateral leg at a location spaced from the foot support peg when the arm is in a working position extending generally perpendicular to the longitudinal edges of the foot peg.

- 11. The foot peg of claim 12, wherein said heel rest is pivotable to a stored position with the arm extending generally along and adjacent one longitudinal edge of the foot peg, the lateral leg extending along and to the exterior of the second end of the foot peg.
- 12. The foot peg of claim 11, wherein the heel rest wall is mounted at lower edges of the arm and lateral leg such that the heel rest wall is positioned below the foot peg when the heel rest is in a stored position.
- 13. The foot peg of claim 12, wherein the foot peg has a frame, the frame having a recess on a lower side, the heel rest wall being received in the recess when the heel rest is in the stored position.
- 14. The foot peg of claim 11, wherein the heel rest wall is mounted at lower edges of the arm and lateral wall, the lateral wall forming a stop for a heel on the heel support wall.
- 15. The foot peg of claim 11, a bracket on the foot peg for mounting the foot peg on a support, and wherein an axis of the pivot of the arm is positioned relative to the bracket so the arm extends downwardly from the foot peg in direction toward the lateral leg when the bracket is mounted on a support.